

Bringing Europe Home

An Honors Thesis (HONRS 499)

by

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Thanks also to Pat Zeabart, my advisor on the project, for her guidance and knowledge.

Written Component

The following is a collection of recipes as learned or experienced while studying abroad in London, England during the fall semester of 2001, my senior year at Ball State University.

The trip was an amazing experience, and because of London's central location, I was easily able to travel throughout Great Britain and, at some points, to the European continent. Most of the recipes collected here are from the island of Great Britain, as that is where I spent the majority of my time. By train it was simple and inexpensive to travel throughout Scotland, Wales, and England to see so many of the sights these countries have to offer.

During Fall Break, a ten-day relief from classes, I flew to the continent. I spent a couple days in the Netherlands before traveling by train to Spain. Recipes from these countries are included as well.

Each section of the book includes a short description that introduces the reader to that particular country. The description includes basic information about the country, information about cooking and meal preparation, as well as a few fun facts about various aspects of the country. Some of this information is general information, but the writer can never assume the background education of the reader, so these pages of description ensure that each reader will have some background information about the country at hand.

The first task in creating this book, after making the trip to Europe, was to collect the recipes. To do this, I was constantly examining the food we ate or purchased in each

country we visited. I would copy menus from recipes to find popular or reoccurring food items or ingredients. At times I would ask new friends we made while traveling about their thoughts on foods native to the different countries. From this type of research I was able to discern some focal recipes from each country.

Much of the actual ingredients and preparation instructions were adapted from books about food in the different countries. I would purchase such books in each country we visited. Other recipes are explained as interpreted by myself and those who traveled with me. We would frequently examine a food item to determine its ingredients. I could then add this to my knowledge about food preparation and make an educated assumption as to the ingredients and steps involved in reproducing the recipe. This would, of course, be followed by one or more reproductions and taste tests to make the closest possible match to the food we had originally tasted.

Many recipes needed measurement conversions or ingredient substitutions. I worked with my advisor, and frequently my calculator, to make the correct suggestions in these cases. Ensuring the correct measurements and ingredients were suggested also involved reproduction and taste tests.

The Recipes

Recipes were chosen to be included in this book for one of four reasons. First, they may be recipes that are popularly associated with a particular country. Fish & Chips and Crumpets in England, Cawl in Wales, and Gaspacho in Spain are examples of recipes chosen for this reason.

Another reason for accepting recipes into this book was the recipes use of popular ingredients in that country. Pan Fried Fish and Seafood with Noodles are examples of

Spain's abundant supply of fish and therefore the use of different types of fish in Spanish food. Mushrooms are a popular ingredient in England, so it was fitting to include recipes such as Wild Mushroom Soup and Mushroom Coulbiac. Hutspot and Dutch Mouse portray the significant use of potatoes in the Netherlands.

A third reason to incorporate certain recipes was the uniqueness of particular recipes or the stories that I could associate with the recipes that bring a sense of interest to the recipe book. The beachside café where I tried Paella is still a vivid memory, as is the little restaurant where I enjoyed my Giant Baked Potato. Brownies in Scotland are very different from brownies in America, and it is interesting to compare the two. Klunt, from the Netherlands, is a recipe that is prepared by a very unique method of cooking the ingredients in a canvas bag. Haggis, another recipe from Scotland, is made with various sheep intestines. A brave soul will try this recipe... and maybe even like it!

Finally, some recipes were chosen with the goal of completing the menu of the country. A refreshing glass of Sangria is the perfect compliment to a dinner of Valencia Style Rice and Orange and Spinach Salad. A serving Apple Charlotte is the perfect ending to a meal of Sausage Puff Pie. The inclusion of these recipes allows the reader to prepare a complete, authentic meal.

Each recipe is forwarded by a brief description of how that particular recipe corresponds to the country. This description may focus on the use of particular ingredients, relay the memory associated with the recipe or explain the appropriate meal for which to serve that recipe.

Following each description, the reader will find a short explanation of any extra information needed in preparing the item. The appropriate type of cookware, how to

serve the item, tips in easing preparation, and recommendations for food substitutions are examples of helpful information found in this section of each recipe.

The ingredients are listed following the description and extra preparation sections. Following the ingredients is the appropriate preparation of the food item with each step outlined in a precise manner. Finally, a footnote naming the source of the recipe can be found at the bottom of recipes where such a citation is necessary.

The pages are numbered for easy reference.

The countries of the book are differentiated by the color of the page border. This also allows for easy reference. The colors chosen, teal, green, yellow, blue, and red, add creativity to the book.

Teal was chosen to represent England because it is a shade that matches the personality of the country. Teal is considered a cool color, which is fitting because England seems to be a very cool country. It does not have a noticeably warm and inviting atmosphere, particularly in London, where I spent most of my time. London is a bustling metropolis of constant movement, dark fashion, status, and, of course, rain. The teal represents these attributes.

The green of Scotland represents the miles and miles of pasture through which we traveled by train to reach the country. Even within the boundaries of the city, green trees and grassy gardens are abundant, giving the city a natural, earthy aura. The castles are also situated on acres of lush green grass, which makes this choice of border color even more fitting.

Choosing yellow for the border of Wales was an effort to include colors from throughout the spectrum. The reader does not appreciate the sunny days we spent there

watching the rugby game or wandering down the city streets. Yellow is appropriate for Wales, not only because it fit into the spectrum of color I wanted to portray, but also in my own memory as a beautiful country full of life and sunshine.

Blue is the national color of the Netherlands. There is a particular shade, sometimes called Dutch Blue, that adorns most everything made by and signifying the Dutch. I do now know why this color is so popular to this country, but portraying this color on the Dutch pages of this recipe book seemed only fitting.

Similar to the Netherlands, a thought of Spain almost always conjures up a vision of the color red. Maybe it's the red cloth of the bull fights, the red in the Spanish flag, or the color of the red wine used to make Sangria. Regardless, any other color would not have been appropriate.

Book Format

The book was produced in a 5.5 inch x 8.5 inch size. This is a popular size for recipe books, as the small size makes to book less cumbersome in the kitchen. A reader preparing recipes wants a book that is large enough to read but not so large that it gets in the way, then becoming soiled by the ingredients scattered throughout the kitchen.

Each recipe is printed on cover stock weight paper. This paper is sturdier than standard printing paper as well as more moisture resistant. The front and back covers are made of plastic, giving the book an extra bit of protection against possible soil, as the plastic can easily be wiped clean. The book is bound by a spiral binding that allows the pages to lay flat when opened to any page and also allows the pages to turn easily.

Completing this book was an exciting experience. Constant learning is an important part of my life, and I believe that my recipe book allows the reader to learn in an unexpected situation. Mealtimes, particularly in families, is generally a time of discussion and sharing experiences. This book allows the reader to learn about different countries and share that experience with those whom they share the meals. The book includes information and recipes that would appeal to a variety of ages and tastes.

The reader will never understand the personal impact of my semester abroad, and the lighthearted manner in which these recipes will be received cannot compare to the amazing and life-altering things that I learned through my travels. To the reader, this book is a collection of recipes that will spice up the dinner table and hopefully spread a little knowledge about Europe. To me, this book is a piece of Europe that I was able to bring home.

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Bringing Europe Home

*A collection of European recipes
discovered and experienced
within unique and authentic cultural settings
while studying abroad*

By: Kelly Miller

Forward

The following is a collection of recipes as learned or experienced while studying abroad in London, England during the fall semester of 2001.

The trip was an amazing experience, and because of London's central location, I was easily able to travel throughout Great Britain and, at some points, onto the European continent. Most of the recipes collected here are from the island of Great Britain, as that is where I spent the majority of my time. By train it was simple and inexpensive to travel throughout Scotland, Wales, and England to see so many of the sights that these countries have to offer.

During the Fall Break, a ten-day relief from classes, I flew to the continent. I spent a couple days in the Netherlands before traveling by train to Spain. Recipes from these countries are also included.

I anticipate that every reader will enjoy reading this book and preparing these recipes. Through education and entertainment in the pages of this book, I have brought a little bit of Europe home for everyone to experience through the culture of food.

The recipes depicted here represent the tastes of the individual countries. I recommend trying each recipe in its native form, but then I encourage experimenting to alter the recipes to fit your own tastes and that of your family.

All temperatures are in degrees Fahrenheit.

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England

We all have notions about what it means to be English. We imagine eating tea and crumpets or walking our dogs down avenues lined with trees. When we think of London we generally imagine a bustling city and of course, it's rainy. In actuality, these notions are not very far from the truth!

England is one of three countries that occupy Great Britain, an island separated from the European continent by the English Channel. It is the central country on the island, with Scotland to the north and Wales to the west. North Ireland is also considered to be part of Great Britain, but is not on the island with the other three.

England is a green land of rolling hills and generally contented people. The standard of living in England is quite high. The climate is variable depending on the region.

London, the capital city of England is a bustling metropolis. The amazing tube system and the red, double-decker busses transport the cities inhabitants to work and shopping and are also available to take tourists to any of the city's famous historical sites.

Fun facts about England:

- English "Chips" are actually thick French fries, comparable to American steak fries.
- Tea became an important drink in England in the 18th century, but it was imported, rather than actually grown in England.
- The word "pub," is the shortened version of a 'house for public entertainment.'
- Public British television has three channels. Two are operated by the BBC, or British Broadcasting Corporation, and have no commercials! The third is the commercial Independent Television Authority, which is similar to our television channels in America, where commercials are used to pay support the station.
- The English are famous for their love for animals. Over 50% of English homes have a pet of some kind!

English Cooking

Traditionally, the English eat two meals a day. The first would be a hearty meal of meat, breads, and vegetables. The later meal would be a simple meal of breads and cheeses, possibly an egg. The effects of these trends can still be seen in English dining today. Breads of all kinds are very important in the English diet, as are meats, but in seemingly small portions.

Crumpets

We've all heard of the British tradition of afternoon tea and crumpets. Crumpets can be found in any bakery or coffee shop, sometimes with little bits of fruit. This recipe has been suggested by Jennie Kirby, a native of Halling, Kent in England.

These can easily be prepared using an electric frying pan using poaching rings.

Ingredients:

12 oz. flour
1/2 oz. yeast
1 1/2 c. water
2 tsp. salt
1/2 tsp. baking soda
1/2 c. milk

Preparation:

- Combine flour, yeast, and water.
- Cover and allow to sit in a warm place for approximately 1 hour.
- In a small bowl, combine salt, baking soda, and milk.
- Add this to the dough and combine well.
- Grease poaching rings and fill with 1-2 Tbsp. batter.
- Allow to cook until set.
- Remove from ring, flip, and cook 3-4 minutes or until browned.
- Serve warm with butter or jam.

Fish and Chips

Fish and chips are to England what cheeseburgers are to America. They are a staple to the country and something every traveler must try! Always served with malt vinegar!

When mixing batter, a thicker consistency will produce a thicker coating on the fish.

Ingredients:

| | |
|----------------------|-------------------|
| 2 c. pancake mix | salt and pepper |
| juice from one lemon | milk |
| 1 egg | flour for dusting |
| ¼ c. vegetable oil | oil for frying |

Preparation:

- Combine pancake mix, juice from lemon, egg, vegetable oil, salt and pepper in large bowl.
- Add milk to achieve desired consistency.
- Dust fish with flour
- Coat with batter
- Deep fry in oil¹

¹ www.chamtech.com/fishnet/discussion/messages/294.htm

Wild Mushroom Soup

Mushrooms are popular in English cooking. This recipe has been suggested by Jennie Kirby, a native of Halling, Kent in England.

Wild mushrooms make the recipe more authentic, but are not necessary, and great care should be taken in using wild mushrooms!

Ingredients:

2 tbsp. butter
1 lb. wild mushrooms
1 large onion, chopped
1 clove garlic, chopped
1 tsp. lemon rind, grated
1 tbsp. soy sauce
1 quart vegetable stock
1 tbsp. lemon juice
salt and pepper

Preparations:

- Roughly slice mushrooms.
- Melt butter and sauté mushrooms, onion, and garlic approximately 10 minutes.
- Add lemon rind, soy sauce, and stock.
- Bring mixture to a boil and simmer 45 minutes.
- Add lemon juice.
- Serve in soup bowls.

Mushroom Coulbiac with Herb Sauce

Coulbiac is a Roman term for rice, hardboiled eggs, mushrooms, and sometimes salmon, enclosed in a pastry crust.

Traditionally served cold, but can be served warm.

Ingredients:

3 oz. uncooked rice
¾ lb. mushrooms
½ lemon
2- 1 lb. pkgs puff pastry
1 egg yolk
3 eggs, hard-boiled and chopped.
4 tbsp. butter
4 tbsp. melted butter
salt and pepper

Herb Sauce:

4 oz low-fat cream cheese
½ cup buttermilk
½ lemon
4 tbsp. chopped herbs: dill, tarragon, chives

Preparation:

- Cook and drain rice. Mix in 4 tbsp. melted butter.
- Slice mushrooms and cook in 4 tbsp. butter and lemon juice, covered for 12 minutes. Drain.
- Roll one puff pastry to line the bottom and sides of dish.
- Cover with a layer of ½ of the rice.
- Next, cover with ½ of the chopped eggs.
- Use the mushrooms to form the next layer.
- Add the remaining egg.
- Then add the remaining rice.
- Finally, roll the second pastry to fit the top. Seal around the edges.
- Brush with beaten egg yolk.
- Bake 400° for 25 minutes.

Sauce:

- Mix cheese and buttermilk in a blender until smooth.
- Mix in juice of lemon and herbs.²

² Day-Lewis, T. (1983) The Englishwoman's Kitchen.
The Hogarth Press, London.

Onion Soup with Thyme Leaves

Soups are popular in England, as they are a nice compliment to the beloved English breads, according to Jennie Kirby, a native of Halling, Kent in England.

Serves 6

Ingredients:

- 1 lb. onions, peeled and chopped
- 1 tsp fresh thyme
- 1 potato, finely diced
- 1½ pints vegetable stock
- 5 fl. ounces cream
- ¼ tsp. salt
- ¼ tsp. pepper

Preparation:

- Melt butter in saucepan.
- Add onions and potatoes and stir until well coated.
- Add the thyme leaves and season with salt and pepper.
- Cook over low heat for 5 minutes.
- Add stock.
- Bring to a boil.
- Reduce heat and simmer 8-10 minutes.
- Add cream.
- Season with additional salt and pepper as necessary.
- Serve in soup bowls.

Sausage Puff Pie

This is a great example of a meat and bread meal.

Prepare this meal in a 9x13 baking dish.

Ingredients:

1-1 lb. pkg of puff pastry

¾ lb. pork sausage meat

1 finely chopped onion

2 eggs

tomato sauce

salt

pepper

Preparation:

- Roll the pastry to be twice the size of the baking dish.
- Use one half of the pastry to cover the bottom and sides of the dish.
- Mix meat, one egg, onion, salt, and pepper, and pour evenly into dish.
- Cover with remaining pastry, sealing along the edges.
- Use the second egg to glaze the top of the pastry.
- Bake at 400° for 45 min-1 hour.
- Serve with tomato sauce warm over the pie.³

³ Day-Lewis, T. (1983) The Englishwoman's Kitchen. The Hogarth Press, London.

Melted Butter Sauce

This type of sauce is served over vegetables, usually carrots.

Mix the carrots into the sauce to coat.

Ingredients:

½ tsp. flour
4 tbsp. melted butter
2 tbsp. milk
¼ tsp. parsley
salt and pepper

Preparations:

- Combine flour, butter, and milk in saucepan.
- Bring to a boil, stirring constantly until a cream forms.
- Mix in vegetables and parsley, stirring to coat.
- Add salt and pepper as desired.⁴

⁴ Day-Lewis, T. (1983) The Englishwoman's Kitchen.
The Hogarth Press, London.

Apple Charlotte

This is a great example of an English fruit and crumb mixture.

It's even better served with vanilla ice cream!

For this recipe, the preparation work is done the day before and the prepared dish should be refrigerated overnight.

Store and bake in a 1-quart casserole dish.

Ingredients:

Filling:

2 lb. apples
2-3 tbsp. water
2 oz. sugar
1 tsp. lemon rind

Crumb:

4 oz. breadcrumbs
4 oz. sugar
5 oz. butter

Preparation:**Filling:**

- Peel, core, and slice apples. Place in large saucepan with water. Cook for 30 minutes or until soft.
- Remove from heat and stir in sugar and lemon rind.

Crumb:

- Melt butter in frying pan.
- Stir in butter and breadcrumbs, stirring until brown.
- Use ½ of crumb to cover the bottom of casserole dish.
- Add apple mixture and top with remaining crumb.
- Refrigerate overnight.

When time to prepare, bake at 350° for 30 minutes.⁵

⁵ Day-Lewis, T. (1983) The Englishwoman's Kitchen.
The Hogarth Press, London.

Sticky Toffee Pudding
with Pecan Toffee Sauce

A wonderful English dessert suggested by Jennie Kirby!

You will need eight 6 oz. metal pudding dishes or eight 3" ramekin dishes, lightly oiled, and a baking sheet.

Makes 8 portions.

Ingredients:**Pudding:**

6 tbsp. butter, room
temperature
2/3 c. sugar
2 eggs, beaten
1½ c. self rising flour,
sifted
6 oz. stoned dates, chopped
¾ c. boiling water
½ tsp. vanilla
2 tsp. coffee essence
¾ tsp. baking soda

Sauce:

1 c. soft brown sugar
1 stick butter
6 tbsp. double cream
1 oz. chopped pecans

Preparation:

- Preheat oven to 350°.
- Put chopped dates in a bowl, and pour boiling water over them.
- Add vanilla, coffee essence, and baking soda. Set aside.
- In a large bowl, cream butter and sugar until fluffy.
- Gradually add beaten eggs, beating mixture well after each addition. Fold in flour.
- Fold in date mixture (including liquid).
- (Mixture will look odd, but it is correct.)
- Divide mixture into 8 containers and place on cookie sheet.
- Bake 25 minutes.
- Allow to cool.

Sauce:

- Combine all ingredients in saucepan.
- Heat, stirring constantly, until sugar has melted.

To serve:

- Cover puddings with sauce. Place under broiler for 8 minutes, until tops are brown and slightly crunchy.

Scotland

The country of Scotland lies just north of England, and together, along with Wales, they make up what is known as the United Kingdom. The United Kingdom was formed after hundreds of years of battles between England and Scotland, each pursuing the other's land. It was finally King James of Scotland that united the two counties and made a peaceful arrangement under which Scotland would keep its name and rights, but be ultimately under the reign and protection of the ruler of England, at that time Queen Victoria.

Scotland is a country rich in pride and culture. The landscape is beautiful, ranging from sprawling fields in the country's south to beautiful mountain ranges in the Highlands, the northern most part of the country. One of Scotland's most famous attractions is the Loch Ness, home of the infamous Loch Ness Monster.

Edinburgh (Ed-din-bur-rah), the capital of Scotland, is a city that exudes an amazing aura of culture. Many streets are still stone, and the buildings date back to the 1500's. It is easy to imagine historical scenes of proper ladies and gentlemen in horse and carriage, passing down the ancient streets, en route to visit the King or Queen that resided in Edinburgh Castle.

In the center of the city is the Royal Mile, a one-mile stretch of hilly street, leading to Edinburgh Castle. Once used as a procession for royalty, the beautiful street is now lined with gorgeous churches and amazing buildings towering over the street. The street level of these buildings is now the home of pubs and shops, patronized by the many backpackers that visit the area.

Fun Facts About Scotland:

- Sheep in Scotland outnumber humans 2-1. Wolves, natural predators of sheep, have not lived in Scotland since 1761.
- The Scottish kilt is made of plaid wool, pleated in the back. Historically, each clan, or family line, had its own plaid design and colors.
- The little purse worn with the kilt was not used to hold money, but rather oats, a staple in Scottish meals.
- Scotland produces over 500 different types of whiskey, and the law states that all whiskey must age three years and one day before it is acceptable for sale.
- Ever wonder why suits have decorative buttons on the sleeves? One Scottish tour guide explained that Queen Margaret of Scotland ordered decorative buttons to be put on the sleeves of suit jackets to keep her men from wiping their nose on their sleeves!
- Jimmy Page, member of the popular music group Led Zeppelin, owned a massive estate in Scotland in the 1980's.

Scottish Cooking

The Scottish menu is based on ingredients easily available to them. Their dishes are generally simple but full of flavor, and the meals tend to be warm and hearty because of the harsh temperatures and heavy farm labor.

Breakfast and lunch are traditionally warm, baked entrees, usually including or served with meat. Lunch may consist of a meaty soup. Oatmeal is used in many Scottish dishes. Dinner tends to center around fish or lamb (mutton), the two most prominent meats in Scotland.⁶

⁶ Konemann, Step-By-Step Scottish Cooking, Murdoch Books, Cologne, 1994.

Dundee Cake

This recipe seems to perfectly exemplify a Scottish breakfast. This cake would be served warm, right out of the oven, as the family is preparing to begin the day. This cake could also be used as a desert to celebrate holidays or special occasions.

This recipe, according to the source, can be kept for six to eight weeks in an airtight container.

Ingredients:

| | |
|---------------------------|------------------------|
| 2 c. golden raisins | 2/3 c. brown sugar |
| 1/2 c. chopped raisins | 3 eggs |
| 1/4 c. chopped peel | 1 1/2 c. flour |
| 2 tbsp. whisky | 1/2 tsp. baking powder |
| 1 tsp. grated lemon rind | 1 tbsp. ground almonds |
| 1 tsp. grated orange rind | 1/3 c. milk |
| 10 tbsp. butter | |

Preparation:

- Preheat oven to 325°.
- Grease an 9" round cake pan.
- In large bowl, combine sultanas, currants, raisins, peel, whisky, and rinds.
- In a small bowl lightly beat eggs.
- In another small bowl, beat butter and sugar with electric mixer until creamy. Gradually beat in eggs.
- Add this to the fruit mixture.
- Combine flour and baking powder, and add this to the cream and fruit mixture.
- Add ground almonds and milk.
- Mix together just until evenly combined.
- Spoon mixture into cake pan and bake approximately 1hr. 15 minutes.
- Allow the cake to set approximately 20 minutes in pan before serving.
- Serve warm or cool completely on cooling rack⁷.

⁷ This recipe was adapted from Konemann, Step-By-Step Scottixh Cooking, Murdoch Books, Cologne, 1994.

Black Bun

Black Bun is another good breakfast dish, but generally reserved for special holidays. This dish is an outstanding combination of many tastes and smells.

This loaf should be prepared a few weeks in advance, and stored in an air-tight container until served.

Ingredients:

Pastry shell:

| | |
|---------------------|------------------------|
| 2 c. flour | 1/3 c. sugar |
| 3/4 c. stiff butter | 3 eggs |
| 1 tbsp. sugar | 1 c. flour |
| 2 egg yolks | 1 tsp. cream of tarter |
| 2 tbsp. water | 1/2 tsp. baking soda |
| 1 egg white | 1/2 tsp. pepper |

Filling:

| | |
|----------------------|------------------------|
| 1 lb. raisins | 1 tbsp. allspice |
| 2 lb. golden raisins | 1/2 tsp. ground ginger |
| 1/2 c. dried peel | 1/2 tsp. ground cloves |
| 1/2 c. butter | 2 oz. chopped almonds |

Preparation:

- Grease a bread loaf tin.
- Combine flour, butter, and sugar until crumbly.
- Add egg yolks and water, and mix until a dough forms.
- Cover and refrigerate for 20 minutes.
- Preheat oven to 325°.
- Cream butter and sugar in large bowl.
- Beat in eggs.
- Sift flour, cream of tarter, baking soda, and salt into the mixture.
- Add spices, fruit, and almonds, mix well.
- Roll 2/3 of the dough flat, and line the loaf tin, leaving a little extra over the top edge.
- Spoon filling into tin, pack firmly and smooth the top.
- Roll the remaining dough flat to cover the top.
- Crimp edges to seal the pastry.
- Brush with egg white and sprinkle with sugar.
- Bake for 2 1/2 hours.
- Cool in tin.
- Store two to three weeks in airtight container before serving⁸.

⁸ This recipe is adapted from two existing recipes. The pastry recipe is adapted from Konemann, Step-By-Step Scottish Cooking, Murdoch Books, Cologne, 1994. The filling recipe was adapted from Fairlie, Margaret, Traditional Scottish Cookery, Everbest Printing Co, China, 1972.

Giant Baked Potato

This recipe is quite simple, but it is a great example of a Scottish lunch.

This is a common lunch for professionals in the city, as well as many gawking tourists. I had this meal, and it certainly is a *meal*, at The Vegetarian Potato, a small restaurant right in the heart of Edinburgh.

The recipe is simple, but the key is in the toppings. The measurements are approximate, but the portions are heaping. The potatoes we ate were approximately 6 or 7 inches long and 9 or 10 inches around.

Ingredients:

1 giant potato

1 tbsp. butter

½ tsp. salt

Suggested toppings:

Chili

Cheese

Mushrooms and Sour Cream Mixture

Tuna

Green Beans

Broccoli

Corn

Pineapple

(Anything else you can imagine!)

Preparation:

- Wrap the potato in foil and bake 20 minutes at 350°.
- Slice the top of the potato, and use a spoon to pull the potato away from the skin, employing the skin as the bowl for your meal.
- Use fork to mix butter and salt with potato.
- Top with choice of toppings. The key here is to make a meal of the potato by heaping the toppings. Toppings will measure about 1-1/2 cups, proportional to taste, and spilling over the edge of your potato skin bowl.

Scottish Baps

This is a perfect example of a Scottish breakfast. These would be served warm with bacon pieces. They can be eaten plain or with jam.

This is a lengthy process, but you'll be glad you tried them!

Ingredients:

7 g. (1 pkg.) dried yeast
1 tsp. sugar
3½ c. flour
1 c. lukewarm milk
1 ½ tsp. salt
3 tbsp. melted butter
1 tbsp. extra flour

Preparation:

- Combine yeast, sugar, and 2 tablespoons flour.
- Gradually add milk, blend until smooth.
- Cover and store in warm place for 10 minutes, or until foamy.

- Sift remaining flour and salt in large bowl.
- Add butter and yeast mixture.
- Using a knife, mix until soft dough forms.
- Lightly flour flat surface and knead dough until smooth (approx. 3 minutes).
- Grease a large bowl.
- Place ball of dough in bowl, cover with plastic, and allow to rise for 1 hour.
- Heat oven to 400°.
- Knead dough until smooth (approx. 2 minutes).
- Divide into 12 portions.
- Knead one portion for 1 minute, then form into ball and use rolling pin to shape into flat oval.
- Repeat with remaining portions.
- Lightly flour cookie sheets.
- Place ovals on sheets and dust with remaining flour.
- Cover with plastic and allow to set in warm place for 15 minutes to rise.
- Use your finger to put an indentation in the center of each oval.
- Bake for 30 minutes, or until browned and completely cooked⁹.

⁹ This recipe was adapted from Konemann, Step-By-Step Scottish Cooking, Murdoch Books, Cologne, 1994.

Forfar Bridies

These would be served warm for a typical Scottish lunch, filling and hearty. They may also be served as a substantial afternoon snack.

Forfar Bridies are easy to make. This recipe makes six portions. After experimenting with the recipe, salt and pepper may be added to meat mixture as preferred.

Ingredients:

- 1 ½ lbs. boneless sirloin steak
- 1 tsp. dry mustard
- 1 large onion
- ½ c. vegetable shortening or lard
- ¼ c. rich beef stock
- 1 lb. package of flaky pastry mix

Preparation:

- Preheat oven to 400°.
- Grease large cookie sheet.
- Cut meat into small cubes.
- Grate onion.
- Mix meat, onion, mustard, suet, and stock in large bowl.
- Prepare pastry as noted on package.
- Divide pastry and meat into six portions.
- Roll one pastry portion into a 6" circle.
- Place one portion of meat in the middle.
- Brush circle edges with water and fold together.
- Crimp edges with fingers to seal.
- Repeat with remaining pastry and meat.
- Line on cookie sheet and bake 20 minutes.
- Reduce temperature to 300° and cook for 1 hour, or until lightly brown.¹⁰

¹⁰ This recipe was adapted from Konemann, Step-By-Step Scottish Cooking, Murdoch Books, Cologne, 1994

Scottish Crumpets

These crumpets are wonderful with butter, jam, or honey. A great breakfast dish, but can also be served as a snack with meat and cheese.

To form the shapes, use egg rings or circular metal cookie cutters.

Ingredients:

¾ c. flour
1 tbsp. sugar
¼ tsp. baking powder
1 egg
2/3 c. milk
1 tbsp. melted butter

Preparation:

- Lightly beat egg in small bowl and set aside.
- Combine flour, sugar, and baking powder in large mixing bowl.
- Gradually beat in egg and milk.
- Mix well until smooth.
- Use butter to grease egg rings and a frying pan or electric skillet.
- Heat pan with low heat.
- Place egg rings on pan and fill with 2 tablespoons of mixture.
- Cook over low heat for 8 minutes, or until surface has set.
- Take ring and crumpet out of pan, run a knife around the edge to release crumpet from ring.
- Repeat with remaining mixture.¹¹

¹¹ This recipe was adapted from Konemann, Step-By-Step Scottish Cooking, Murdoch Books, Cologne, 1994

Scotch Eggs

Served hot with green beans and fries for lunch, or served cold, with salad for an afternoon snack.

A small onion can be minced and added to meat mixture, as can a tablespoon of parsley, and a pinch of nutmeg if the tastes are preferred.

Ingredients:

| | |
|-----------------------------|---------------------|
| 4 hard-boiled eggs, shelled | ½ c. breadcrumbs |
| 1 lb. sausage meat | oil for deep-frying |
| 1 extra egg | |

Preparation:

- Beat extra egg with fork.
- Mince sausage meat, and divide into four portions
- Roll portions flat and large enough to cover egg.
- Dip hard-boiled egg into beaten egg.
- Use one portion of meat to cover egg.
- Dip in beaten egg again, coat with breadcrumbs.
- Deep fry for 10 minutes, drain on paper towel¹².

¹² This recipe was adapted from Fairlie, Margaret, Traditional Scottish Cookery, Everbest Printing Co., China, 1972.

Potatoes with Cabbage

A friend received these potatoes as a side dish to compliment her Haggis at a pub on the royal mile. Expecting a simple mashed potato, she was delighted to receive this interesting alternative.

This is an inexpensive dish to prepare. It could be served with meat as a compliment for dinner, or as a hearty afternoon snack. The ingredient amounts are approximate, so increase or decrease according to taste. We also added salt to the finished product.

Ingredients:

| |
|------------------------------|
| 5 potatoes, peeled and cubed |
| 1 tbsp. butter |
| 1 small onion, diced |
| 1 c. shredded cabbage |
| 1 c. cheddar cheese |

Preparation:

- Preheat oven to 350°.
- Grease a small casserole dish.
- Boil potatoes until soft.
- Remove from water and mash coarsely.
- Cook onion in butter until soft and brown (approx. 8 minutes).
- Add cabbage. Cook 5 more minutes.
- Add potatoes and stir.
- Transfer to casserole dish.
- Sprinkle with cheese.
- Bake approximately 20 minutes.

Stovies

A perfect example of Scottish cooking, this recipe uses potatoes and lamb, both abundant in Scotland. The name Stovies explains that the meal is cooked on the stove, similar to the American meal of 'stew'. This recipe also portrays the resourceful nature of the Scottish in calling for leftover meat.

The meat used need not be leftover, and most any meat may be used in place of lamb. If you prefer, no meat can be used at all.

Ingredients:

- 3 tbsp. butter
- 2 large onions
- 2 lb. potatoes
- 1 tsp. salt
- ¼ tsp. black pepper
- 1 c. water
- 1 c. shredded leftover lamb
- 1 tbsp. finely chopped fresh parsley

Preparation:

- Coarsely chop onions.
- Using a heavy cooking pot, melt butter.
- Add onions.
- Cook on low heat until brown and tender, approximately 5 minutes.
- Add potatoes, salt, and pepper. Mix.
- Add water and cover.
- Simmer for 35 minutes, stirring occasionally.
- Stir in parsley and meat.
- Simmer covered for 10 more minutes¹³.

¹³ This recipe was adapted from Konemann, Step-By-Step Scottish Cooking, Murdoch Books, Cologne, 1994

Baked Salmon

Served cold, this is often a lunchtime special at the pubs. It would also make a great main course for dinner, served warm.

Very easy to prepare! Season as desired, and serve with an array of side dishes as you see fit.

Ingredients:

salmon
butter

Preparation:

- Cut a piece of foil large enough to generously wrap each piece of salmon.
- Butter the foil.
- Wrap each piece of salmon and seal tightly.
- Bake on cookie sheet, according to weight. (20 minutes per pound for the first 3 pounds, 10 minutes for each additional pound.)
- If serving cold, allow to cool before unwrapping¹⁴.

¹⁴ This recipe was adapted from Fairlie, Margaret, Traditional Scottish Cookery, Everbest pringin Co., China, 1972.

Haggis

Unlike anything in America, Haggis is served as a holiday speciality. We did indeed try it, as everyone should at least once. It is often served with mashed potatoes.

You may need to get in touch with your butcher and give some warning as to the pieces you will need.

Ingredients:

1 sheep's heart, lungs, and liver
2 finely chopped medium onions
1 tsp. salt
½ tsp. pepper
1 tsp. nutmeg
3 c. of finely chopped lard
1 c. ground oats
1 ox bung (stomach).

Preparation:

- Bring heart, lungs, and liver to a boil in large pan of water.
- Reduce heat and simmer 1 hour. Drain and cool.
- Chop finely.
- In large bowl, combine meat, onions, salt, pepper, nutmeg, and lard. Mix well.
- Fill bung bag ½ full (meat mixture will expand while cooking) and securely tie the ends with string.
- Place in pot, cover with water.
- Bring to boil, then reduce heat and simmer, covered, for 3 hours¹⁵.

¹⁵ This recipe was adapted from both Fairlie, Margaret, Traditional Scottish Cookery, Everbest pringin Co., China, 1972 and Konemann, Step-by-Step Scottish Cooking, Murcoch Books, Cologne, 1994.

Butterscotch Tart

A great desert, it can be found at every bakery you pass on the streets of Edinburgh.

This desert can be served warm or cold.

Ingredients:

Pie crust:

2 c. flour
½ c. stiff butter, cubed
2 tbsp. sugar
1 egg yolk
1 tbsp. water

Filling:

¾ c. brown sugar
1/3 c. flour
1 c. milk
3 tbsp. butter
1 tsp. vanilla
1 egg yolk

2 egg whites
2 tbsp. sugar

Preparation:

- Preheat oven to 350°.
- Grease a pie tin.
- In large bowl, mix flour and butter.
- Use hands to mix until crumbly.
- Add yolk and water, mix until a soft dough.
- Roll flat to line pie tin.
- Cover with plastic and refrigerate for 20 minutes.
- Bake for 35 minutes.
- Mix sugar and flour in heavy saucepan.
- Gradually add milk, stirring with whisk constantly to keep smooth.
- Add butter.
- Cook over low heat, stirring until boiling and thick.
- Remove from heat.
- Add egg yolk and vanilla, stir to keep smooth.
- Spread filling into pastry.
- In small bowl, beat egg whites until thick and firm.
- Gradually add sugar, beating constantly.
- Spoon topping over filling.
- Use a fork to make swirls and peaks for decoration.
- Bake 20 minutes, or until lightly browned¹⁶.

¹⁶ This recipe was adapted from Konemann, Step-By-Step Scottish Cooking, Murdoch Books, Cologne, 1994

Brownies

An interesting version of an American favorite! Children may enjoy comparing the Scottish version to what they normally eat.

Notice that these brownies are prepared as drop cookies, unlike the American bar brownie.

Ingredients:

| | |
|--------------------------|-----------------------|
| ½ c. butter or margarine | 1½ c. flour |
| ¾ c. brown sugar | 1 tbsp. cocoa |
| 1 egg | 3 oz. chopped walnuts |

Preparation:

- Preheat oven to 350°.
- Grease cookie sheet.
- Cream butter and sugar.
- Mix in flour, cocoa, and walnuts.
- Spoon onto cookie sheet.
- Bake 20 minutes¹⁷.

¹⁷ This recipe was adapted from Fairlie, Margaret, Traditional Scottish Cookery, Everbest pringin Co., China, 1972.

Wales

Wales is the third country that, along with England, Scotland, and Northern Ireland makes up the British Empire. Wales borders the west side of England and is otherwise surrounded by the Irish Sea on three sides. Unlike Scotland, Wales still strives for independence from the British Empire, as it has for centuries. Wales firmly holds onto its Celtic heritage, and signs of this can be seen all over the country. Street signs, for example, are written in both English and Celtic languages. The country is beautifully landscaped with beaches, mountains, and cliffs.

The capitol of Wales is Cardiff, which in the 19th century was a major shipping port. Today it is a beautiful, bustling city known for its theatre, clubs, and restaurants. Right in the heart of the city lies Cardiff Castle, and not far from the castle is the National Museum and Gallery of Wales, which tells the history of the city.

Fun Facts About Wales:

- The letters j, k, q, v, x, and z are not used in the Welsh language. The letter y is always a vowel, and w is usually a vowel, too!
- Children in Wales attend high school from age 11 to age 16!

- Rugby is the most popular sport in Wales. Most every town or village has its own team!
- Wales was united with England in 1485 when Henry Tudor of Wales became King Henry VII of England.

Welsh Cooking

Welsh Cooking is generally simple and derived from ingredients that are easily available, but meals are hearty and flavorful. Lamb is a staple meat, and salmon, herring, and mackerel are also popular. Wales is known for its use of herbs, particularly used in cooking meats.

Sugary foods such as cakes and cookies are not popular, therefore deserts are often hearty breads or puddings.

Crawl

This soup is a lunchtime special at many Welsh restaurants.

Easy to make, crawl actually means "broth," and most any vegetable can be added. Some recipes include peas and turnips. This meal can be prepared by simmering in a crock-pot throughout the day.

Ingredients:

| | |
|---------------------|---------------------|
| 1 lb. bacon pieces. | knob of butter |
| 4 large potatoes | 1 tbsp. flour |
| 4 carrots | salt and pepper |
| 1 leek | meat stock to cover |
| 2 onions | |

Preparation:

- Peel and cube all vegetables.
- Melt butter in a large pan and add vegetables and flour to coat.
- Brown slightly.
- Add meat and seasonings.
- Stir in stock and simmer.
- Serve with bread or rolls.¹⁸

¹⁸ Adapted from Twiddy, E.S. (1990) A Little Welsh Cookbook. Appletree Press: San Fransisco.

Welsh Cheese Pudding

This dish is served alone with afternoon tea or with a salad as a light lunch.

Prepare in a loaf pan or small casserole dish. Serves 4-6.

Ingredients:

6 slices of bread
Butter for spreading
1 c. grated cheese
1 tsp. mustard powder
¼ tsp. ground nutmeg
1¼ c. milk, lukewarm
2 eggs, beaten

Preparation:

- Preheat oven to 350°F.
- Butter a deep casserole dish.
- Lightly toast bread.
- Butter on one side.
- Trim off crusts and cut into strips.
- Lay strips in dish, unbuttered side down.
- Cover with a layer of ½ cup of cheese.
- Mix mustard and nutmeg and sprinkle over cheese.
- Top with another layer of buttered bread, buttered side down.
- From another layer with remaining cheese.
- Wisk milk and eggs together.
- Pour mixture over cheese.
- Bake 35-40 minutes, or until golden brown.¹⁹

¹⁹ Favourite Welsh Recipes. Salmon Ltd.: Sevenoaks, England.

Glamorgan Sausages

Not really sausages at all, but a cheese and breadcrumb mixture.

A great vegetarian dish.

It will be easiest to shape sausages with floured hands. Makes approximately 10 sausages, serves 4-6.

Ingredients:

4 oz. strong cheddar cheese, grated
4 oz. fresh white breadcrumbs
1 small onion, finely chopped
1 tsp. mustard powder
1 tbsp. chopped parsley
pinch of thyme
pinch of salt
pinch of pepper
3 medium eggs
dried breadcrumbs for coating
oil for deep frying

Preparation:

- In a small bowl, beat two eggs.
- Mix in mustard, parsley, thyme, and seasoning.
- In a larger bowl, mix cheese, breadcrumbs, and onion.
- Beat in egg mixture.
- Form mixture into sausage-shaped rolls.
- Beat the last egg in a separate bowl.
- Dip sausages in egg, then coat with dry breadcrumbs.
- Fry in hot oil until golden brown.
- Drain on absorbent paper towels.²⁰

²⁰ Favourite Welsh Recipes. Salmon Ltd.: Sevenoaks, England

Welsh Cakes

These little cakes are generally served with tea or sent with husbands and children in their lunchboxes.

An electric skillet would be handy in cooking these cakes.

Ingredients:

| | |
|-------------------------|-----------------------|
| 2 c. self-raising flour | 2/3 c. golden raisins |
| ½ c. stiff butter | pinch of cinnamon |
| ½ c. sugar | 1 large egg, beaten |

Preparation:

- Use fork to mix flour, sugar, and butter into crumbs.
- Sprinkle with cinnamon.
- Add egg and fruit, and mix into firm dough.
- Roll to ¼ in thick.
- Use biscuit cutter to cut small, circular cakes.
- Cook the cakes on a frying pan until brown on both sides.
- Allow to cool and serve with butter.²¹

²¹ Adapted from Twiddy, E.S., (1990) A Little Welsh Cookbook. Appletree Press: San Francisco.

Potato Pie

This is a typical dinner dish.

This meal is generally served with pickled cabbage or crusty bread... or both!

Ingredients:

2 lbs. potatoes peeled and cut into quarters.
½ c. milk
1 oz. butter
salt and pepper
4 oz. grated cheddar cheese
1 c. white breadcrumbs.
1 tbsp. melted butter

Preparation:

- Preheat oven to 425°F.
- Heavily grease a 1 quart dish.
- Pressing breadcrumbs into sides and bottom of dish.
- Boil potatoes in salted water until cooked, approx 15-20 minutes.
- Drain potatoes.
- Add milk and butter and mash until smooth.
- Stir in cheese.
- Spoon potato mixture into dish.
- Decorate with fork, if desired.
- Cover with melted butter.
- Bake 20-30 minutes, or until golden brown²².

²² Favourite Welsh Recipes. Salmon Ltd.: Sevenoaks, England

Welsh Lamb

Lamb is a prominent meat in Wales. This is just one classic way to prepare it.

Cook the lamb in a roasting pan. This meal is often served with cooked vegetables.

Ingredients:

1 leg of lamb
handful of fresh rosemary

Mint sauce:

Handful of fresh mint
½ teaspoon sugar
½ cup white wine vinegar

Preparation:

- Heat oven to 375°F.
- Cook lamb sprinkled with rosemary for 15 min./pound.

Sauce:

- Mix mint and sugar with vinegar.
- Allow to stand for approximately 1 hour.
- When lamb is cooked, sprinkle with mint sauce²³.

²³ Adapted from Twiddy, E.S., (1990) A Little Welsh Cookbook. Appletree Press: San Fransisco.

Honeyed Welsh Lamb

Another way to serve a popular Welsh meat.

This is a very simple recipe and a great, sweet way to introduce lamb to skeptical eaters.

Ingredients:

4 lb. leg of lamb

6 tbsp. honey

Sprig of rosemary

Pinch of salt

Pinch of pepper

½ pint cider

Preparation:

- Preheat oven to 400°.
- Place lamb on foil in roasting pan.
- Brush with 4 tablespoons of honey.
- Place the rosemary sprig on the top.
- Very loosely seal the foil around the meat.
- Roast for 15 minutes.
- Reduce heat to 350°, and roast another 90 minutes, or until desired color.
- When close to desired color, open the foil to brown and crisp the skin for the last 20 minutes of cooking.
- Pour off fat.
- Make a gravy by boiling a mixing meat residue, remaining honey, and cider²⁴.

²⁴ Favourite Welsh Recipes. Salmon Ltd.: Sevenoaks, England

Pembrokeshire Pies

This is another recipe that takes advantage of the countries surplus of available lamb.

Traditionally served cold, these are also good, maybe better, when served warm.

Ingredients:

8 oz. lard
1 lb. flour
1 tsp. salt
½ cup water
1 lb. cooked, minced, lamb
4 oz. golden raisins
4 oz. brown sugar
Pinch of dry mustard
Redcurrant jelly
Beaten egg to glaze

Preparation:

- Combine flour and half of lard. Stir in salt.
- Put remaining lard and water in saucepan and bring to a boil.
- Add boiling liquid to flour mixture. Mix with wooden spoon until dough forms.
- Knead on floured surface, while warm, until smooth.
- Grease the insides of a sheet of 12 cupcake rounds.
- Roll to ¼" thin. Reserve 1/3, but cut the remaining 2/3 to line the bottom and sides of cupcake rounds.
- Combine lamb, currants, brown sugar, and dry mustard.
- Fill each cupcake round.
- Dab each filled round with about a teaspoon of jelly.
- Cover each with remaining dough and press edges to seal.
- Poke a hole in each for steam.
- Brush with egg glaze.
- Bake 375° for 30 minutes or until golden brown²⁵.

²⁵ Favourite Welsh Recipes. Salmon Ltd.: Sevenoaks, England

Monmouth Pudding

This is traditionally a favorite of Welsh children.

Preferably, the glass dish you use will be clear to show the layer of colorful jam.

Ingredients:

4 c. fresh breadcrumbs
4 egg yolks
2 tbsp. butter
½ c. sugar
1¾ c. milk
rind of two lemons
red jam

Preparation:

- Preheat oven to 300°.
- Grease a glass casserole dish.
- Place breadcrumbs in a large mixing bowl.
- Mix rind, sugar, butter, and milk in saucepan.
- Bring to a boil and allow to cool.
- Mix in egg yolks.
- Pour mixture over breadcrumbs.
- Pour ½ of mixture into dish and level.
- Spread with a think layer of jam.
- Cover with remaining mixture.
- Bake 45 minutes or until set.²⁶

²⁶Adapted from Twiddy, E.S., (1990) A Little Welsh Cookbook. Appletree Press: San Fransisco.

Honey Gingerbread

A great desert! You can buy this bread in Welsh bake shops.

I also saw this gingerbread cut into diamonds.

Ingredients:

1 ½ c. self-raising flour
¼ tsp. salt.
¼ tsp. ground ginger
¼ tsp. nutmeg
½ c. brown sugar
½ c. honey
½ c. water
¼ c. butter
powdered sugar to decorate

Preparation:

- Preheat oven to 350°.
- Grease an 8" square baking pan.
- Mix flour, salt, ginger, nutmeg, and brown sugar, in large bowl.
- In a small saucepan, heat honey, water, and butter until butter is just melted.
- Add to dry ingredients.
- Mix well.
- Pour into pan.
- Bake 45 minutes.
- Allow to cool.
- Dust with powdered sugar and cut into squares to serve.²⁷

²⁷ Adapted from Twiddy, E.S., (1990) A Little Welsh Cookbook. Appletree Press: San Fransisco.

Ginger Beer

This is a potent drink traditionally made during the harvest time.

It was popular because it is inexpensive and easy to make.

The beer should be stored in glass bottles. Seal the bottles lightly at first, as they may otherwise burst.

Ingredients:

2 gallons water

Juice and peel of 3 lemons

1 oz. yeast

1 ginger root, coarsely chopped

2/3 c. raisins

5 c. sugar

Pinch cream of tarter

Preparation:

- In a large pot, bring water to a boil.
- In a second large pot add ginger, juice, peel, sugar, raisins, and cream of tarter.
- Pour boiling water over ingredients.
- Allow to cool.
- When cool, add yeast.
- Stir well.
- Place in warm oven (approximately 100°) for 30 minutes.
- Strain liquid into a clean, large pot.
- Store liquid in glass bottles, lightly corked, for 3 days.
- They will then be ready to serve²⁸.

²⁸ Adapted from Twiddy, E.S. (1990) A Little Welsh Cookbook. Appletree Press: San Fransisco.

Netherlands

The Netherlands, or Holland, is a beautiful country of windmills, tulips, and wooden shoes. The land of the Netherlands is a geological feat, as most of the country lies below sea level. The land for the country was actually sought through the water. Dikes were built and the water was pumped out to create dry land. The pumping must continue to ensure dry land, and canals have been built throughout the country to aid in drainage.

The Netherlands is extremely densely populated, but still beautiful and clean. The dense population makes motor travel difficult, therefore bicycles can be seen by the hundreds. They line the city streets and whirl past on the bike trails, separate sidewalks, between the pedestrian sidewalk and the street, made just for bicycles. Their popularity of bicycles also helps reduce pollution.

Fun facts about the Netherlands:

- The first tulip was brought to the Netherlands in 1593.
- The Heineken Brewery was founded in Amsterdam by Gerard Adriaan Heineken in 1863.
- A Dutch hostess will begin each meal by saying "Eet Smakelijk," which means "eat well and with taste."
(Pronounced "ate smack 'el yick")

Dutch Cooking

Dutch meals hold some similarities to those of other western European countries. Breads and cheeses are very popular, usually served for breakfast and afternoon snacks. Cold meats are sometimes served with the bread and cheese. Lunches are light- usually a salad or small sandwich.

Dinners, on the other hand, are hot meals of meat, potatoes, and vegetables. The Dutch put great pride in their abundant dinners, which are hearty and filling, despite the traditional use of inexpensive ingredients. Traditionally, Sunday dinners are the greatest of occasions, as women work in the kitchen to prepare the large meals for extended family that gathers to celebrate church and fellowship.

Deserts complete this array by offering sweet, sugary finales to large hearty meals

Hutspot

A perfect Dutch 'meat and potato' meal.

A boneless roast can simplify cooking, but will add slightly to the cost of the meal.

The desired consistency is of a thick gruel or casserole.

Ingredients:

3 lb. pork roast

1 small cabbage

8 potatoes

1 large onion

water for cooking

Preparation:

- Preheat oven to 350°.
- Cook roast in Dutch oven, covering all but top 1" with water.
- Cook over medium heat 1 ½ -2 hours.
- Cut cabbage into 6 or 8 pieces.
- Cut potatoes in quarters.
- Cube onion.
- After cooking, cool meat and remove bones, reserving liquid in pan.
- Return meat to pan. Add vegetables.
- Boil ½ hour, adding more water if necessary, or until vegetables are tender.
- Remove from heat and mash meat and vegetables together.
- Serve warm with salt and pepper.²⁹

²⁹ Adapted from Boeve, R., Ed. Eet Smakelijk. Steketee-Van Huis, Inc: Holland, 1976.

Dutch Pea Soup

A great lunch or light dinner! Serve with hearty bread.

Cooking times will vary by desired tenderness of vegetables.

Can be stored in refrigerator and reheated.

Ingredients:

1 lb. frozen peas, thawed

1 medium shoulder pork

3 qt. water

3 stalks celery

3 medium onions

3 potatoes

2 carrots

2 tsp. parsley

1 c. milk

Preparation:

- In Dutch oven or large pan, combine meat, peas, and water.
- Cook on medium heat approximately 2 hours, or until meat is completely cooked.
- Chop all vegetables.
- When time, add vegetables to meat and peas.
- Cook approximately 1 hour, or to desired tenderness.
- Add parsley and milk.
- Cook 10 more minutes.
- Serve warm³⁰.

³⁰ Adapted from Boeve, R., Ed. Eet Smakelijk. Steketee-Van Huis, Inc: Holland, 1976.

Dutch Mouse

This is the potato portion of another typical Dutch 'meat and potatoes' meal. This is a family recipe of Jennie Hoeksema, of Lansing, Illinois and of Dutch descent.

Mouse should be served with meat, usually sausage or roast. The finished consistency will be that of mashed potatoes.

Ingredients:

water to cover kale
2-10 oz. packages frozen kale
¼ tsp. salt
7 large potatoes
4 tbsp. margarine (½ stick)
milk for mashing

Preparation:

- Cook kale in water approximately 1 ½ hours.
- Cube potatoes.
- When time, add potatoes to kale.
- Cook 20-30 minutes, or until potatoes are soft.
- Drain excess water.
- Add margarine and salt.
- Mash potatoes and kale, adding milk to smooth.
- Serve mouse with.

Klunt

Also known as "Jon in the sack," this meal was traditionally prepared as the Saturday supper, as it is easy, filling and inexpensive. Children will delight in the unusual preparation.

Suggested by Jennie Hoeksema.

The klunt bag should be made of heavy muslin that can be purchased at any fabric store. Cut a piece of muslin 13" tall and 16" wide. Fold in half, now 13" x 8", and stitch side and bottom. Fold and stitch a 1" hem around the top, and feed with a shoestring or heavy ribbon to serve as a drawstring.

Batter is thick, and will not run out of the bag.

Rusk is a toasted cookie, available at most grocery stores in the section that carries imported foods.

Ingredients:

| | |
|-----------------|----------------------|
| 4 Rusk, crushed | 4 c. flour |
| 4 eggs | 1 tsp. baking powder |
| 1 c. dark syrup | 1 tsp. salt. |
| 1 ¼ c. milk | |

Preparation:

- Bring a Dutch oven 2/3 full of water to a boil.
- Crush meat.
- Beat eggs.
- Mix all ingredients and pour into sack.
- Boil sack in water 45 minutes.
- Turn over and boil 45 more minutes.
- Remove from water, then from sack.
- Slice and serve with butter and syrup.

Sweet and Sour Lettuce Salad

An unusual salad, but a delightful treat.

To add an extra sweetness, brown sugar can be sprinkled on the finished salad.

Double the recipe for one full head of lettuce.

Ingredients:

- 1 egg
- ¼ c. vinegar
- ¼ c. sugar
- ½ head lettuce

Preparation:

- Combine egg, vinegar, and sugar in saucepan and cook over medium heat until thick and boiling.
- Remove from heat and allow to cool.
- Tear lettuce for serving.
- Top lettuce with cooled dressing.³¹

³¹ Adapted from Boeve, R., Ed. Eet Smakelijk. Steketee-Van Huis, Inc: Holland, 1976.

Poor Man's Cake

This cake is a perfect example of the Dutch making the most of common, inexpensive, ingredients. Suggested by Jennie Hoeksema.

Nuts can be added if desired. As an alternative to nutmeg, 1 tsp. cloves and 1 tsp. allspice can be added.

Ingredients:

- 1 c. raisins
- 1 ½ c. water
- ½ c. lard
- ¾ c. sugar
- 2 tsp. cinnamon
- ½ tsp. nutmeg
- 2 c. flour
- 1 tsp. salt
- 1 tsp. baking soda
- 1 egg

Preparation:

- Preheat oven to 300°.
- Combine raisins water, lard, sugar, cinnamon, and nutmeg in medium saucepan.
- Boil for 20 minutes.
- Allow mixture to cool.
- In large mixing bowl, combine flour, salt, and baking soda.
- Gradually add cooled mixture.
- Beat eggs in small bowl, then add to mixture.
- Bake 1 hour and 15 minutes.

Olie Koeken

Also called "Fat Bollen," these tasty treats are a favorite at Dutch picnics, fair, and church events. At fairs, they are made at stands, sold by the half-dozen, and eaten on the spot while still warm.

These balls are prepared in a deep-fat fryer, drained on paper towels, and rolled in sugar. They are preferably served warm, but otherwise stored and served at room temperature.

Ingredients:

- 3 tbsp. shortening
- 2 c. buttermilk
- 1 ¼ c. sugar
- 1 c. raisins
- 2 eggs
- 1 tsp. baking soda
- ½ tsp. salt
- 4 c. flour
- 1/2 c. sugar to coat

Preparation:

- Preheat fat to 325-350°.
- Combine all ingredients.
- Mix thoroughly with a wooden spoon.
- Drop tablespoons in hot fat.
- Cook until brown. Test with toothpick.
- Drain on paper towels.
- While still warm, roll in sugar to coat.³²

³² Adapted from Boeve, R., Ed. Eet Smakelijk. Steketee-Van Huis, Inc: Holland, 1976.

Jan Hagel Cookies

Pronounced 'Yaan Haagel,' These cookies are a Dutch favorite. The women used to compete to see who could make the cookies thinnest without crumbling. Suggested by Jennie Hoeksema.

Adding chopped nuts will make the recipe more authentic, but are not necessary.

Ingredients:

- 1 c. butter
- 1 c. sugar
- 2 c. flour
- 1 egg, separated
- ½ tsp. cinnamon
- 1 tbsp. water

Preparation:

- Let butter stand until soft.
- Preheat oven to 300°.
- Sift flour and cinnamon into medium mixing bowl.
- In a separate mixing bowl, cream sugar and softened butter.
- Beat in egg yolk.
- Gradually stir in flour mixture.
- Use wax paper to pat mixture thin on a cookie sheet.
- Combine water and egg white, and brush over dough.
- If desired, sprinkle with chopped nuts.
- Bake 30 minutes.

Boerenjongens Cocktail

Pronounced "bor en 'young es," this cocktail is a favorite around Christmas time!

To enjoy at Christmas, prepare the cocktail in late September or early October. Store in a Ball jar or airtight plastic container. When ready, this cocktail is served in tiny glasses with demitasse spoons.

Ingredients:

- 1 lb. raisins
- 2 c. water
- 1 cinnamon stick
- 2 c. sugar
- 2 c. whiskey or brandy

Preparation:

- Cook raisins, water, and cinnamon on medium heat for 20 minutes.
- Add sugar and brandy.
- Stir on high heat until dissolved.
- Store mixture in sterile, airtight container for 2-3 months.³³

³³ Adapted from Boeve, R., Ed. (1976) Eet Smakelijk. Steketee-Van Huis, Inc: Holland.

Spain

Spain is a beautiful country lying on France's southern border. The country borders the Mediterranean Sea on the East, the Atlantic Ocean to the south, and the Bay of Biscay to the north. The country of Portugal is nestled into Spain's western border. Spain has a relatively warm, temperate climate, which offers much of the year as prime time to enjoy the endless sandy beaches.

Spain's two most prominent cities are the capital, Madrid, and the coastal city of Barcelona. Madrid is located in the center of the country, and is a city buzzing with young culture. Barcelona offers not only beaches, but many museums and a busy port and harbor.

Fun Facts About Spain:

- In Spain, dinner is traditionally eaten after 10 pm, at which time most American children are fast asleep!
- "The rain in Spain falls mainly on the plain" is a famous line from My Fair Lady.

Spanish Cooking

Eating is an important aspect of Spanish culture. It is a great time of fellowship and family. With the beautiful, colorful vegetables used in Spanish cooking, the appearance of the food is nearly as important as the taste. The meat portion of the meal is generally arranged in a circle or lines on a large plate, with the vegetables elegantly garnishing the meal. Rice, potatoes, and eggs are popular ingredients, and many meals use fish, abundant in Spain because of the country's miles of shorelines. Common spices in Spain include nutmeg, cinnamon, cumin, and garlic, which are used heavily. Meat is eaten at most every meal and is always cooked thoroughly.

The Spanish will eat a light breakfast, likely coffee and bread. The largest meal of the day is a late lunch is served in the afternoon around 2 or 3pm. This meal traditionally consists of many courses. Dinner is a lighter meal, usually eaten around 10 pm.

Valencian Salad

This is another great example of the abundance of rice in the Spanish meal. Valencian Salad is an horderve, served with drinks before dinner.

Serve this salad chilled and in small dishes. Canned diced tomatoes can be used to save time and energy.

Ingredients:

1 cup rice
1 lb. tomatoes
1 green pepper
1 tsp. English mustard
salt and pepper
3 tbsp. oil
1 tbsp. vinegar

Preparation:

- Boil rice for 20-25 minutes or until cooked. Strain well.
- Place rice in casserole dish and place in warm oven to dry, approx. 15 minutes, stirring occasionally. Allow to cool.
- Peel, seed, dice, and drain tomatoes.
- Seed and thinly slice peppers.
- Prepare a dressing of mustard, oil, vinegar, and salt.
- Add to peppers, mix to coat.
- Stir peppers into tomatoes.
- Finally, stir peppers and tomatoes into rice.
- Serve cold.³⁴

³⁴ Hillgarth, M (1970) Spanish Cookery. Drake Publishers: New York.

Orange and Spinach Salad

A wonderfully refreshing salad!

Can be made without onions and olives, if desired.

Ingredients:

4 oranges
1 red onion
1 bundle fresh spinach
½ c. pitted black olives
1/3 c. olive oil
¼ c. red wine vinegar
¼ c. pecans

Preparation:

- Peel and slice oranges, being sure to remove all white membrane. Preserve any lost juice.
- Break spinach into bite size pieces.
- Place spinach in serving bowl. Add orange pieces, onion, and olives.
- Mix olive oil and vinegar in a small bowl.
- Pour over salad and toss to mix.
- Sprinkle with nuts. Serve immediately.³⁵

³⁵ Adapted from Step-By-Step Spanish Cooking. Murdoch Books: North Sidney, (1993).

Gespacho

This is the most popular of Spanish soups, and is frequently served as the cool, refreshing first course of a summer lunch. Garnishes of sliced red capsicum, sliced onion, small cucumber pieces, chopped hard-boiled eggs, and sliced green olives can be served on a relish tray and be added to the soup as each person prefers.

Canned tomatoes can be substituted.

Ingredients:

3 slices of bread, crusts removed
8 large tomatoes, peeled, seeded, and chopped
1 cucumber, peeled, seeded, and chopped
1 small onion, chopped
1 small green capsicum, chopped
1/3 c. chopped fresh mint
2 cloves garlic, crushed
2 tbsp. olive oil
2 tbsp. red wine vinegar
2 tbsp. tomato paste
1-2 c. iced water

Preparation:

- Combine all ingredients except water.
- Cover and allow to stand for 20 minutes.
- Process mixture until smooth (recommended a little at a time).
- Use water to thin mixture to desired consistency.
- Refrigerate at least 1 hour before serving.
- Serve in individual bowls with ice cubes.

Valencia Style Rice

Rice is a staple in Spanish cookery.

This is a simple recipe with great Spanish flare!

Ingredients:

1 ¼ c. long grain rice
1 tbsp. olive oil
15 grams butter
1 medium onion, chopped
2 tsp. finely grated orange rind
½ c. orange juice
½ c. sweet sherry
1 ½ c. chicken stock

Preparation:

- Soak rice in cold water for 10 minutes, then drain and rinse.
- Heat oil and butter in sauce pan over low heat.
- Add onion and cook until golden brown.
- Add rice and stir two minutes or until lightly golden.
- Add orange rind, juice, sherry, and stock.
- Cover.
- Bring to a boil, then reduce heat and simmer 8-10 minutes, until almost all liquid is absorbed.
- Remove from heat and let stand for 5 minutes, or until remaining liquid is absorbed.
- Serve immediately.

Paella

A classic Spanish rice dish. We tried this dish at a beach side café in Barcelona! Mussels, scallops, and even octopus are frequently used as the meat in Paella.

Here Paella is described with chicken. Replace with fish as desired. The salami is included regardless of chosen meat, but can be left out if desired. All the cooking for this dish is done in one large pan.

Ingredients:

- 1 tbsp. olive oil
- 4 boneless chicken breasts
- 1 large Red Pepper, chopped
- 1 tbsp. parsley
- 2 c. long grain rice
- 1 tbsp. olive oil, extra
- 2 cloves garlic, crushed
- 1 medium onion, thinly sliced
- 2 cans chicken broth
- 1 c. frozen peas
- ¼ lb. salami, coarsely shredded
- 1 lemon, cut into wedges

Preparation:

- Soak rice in cold water for 10 minutes, then drain and set aside.
- Cut chicken into small pieces.
- Cook chicken pieces in 1 tablespoon olive oil, then remove from pan and set aside.
- Heat extra oil in pan, then add red pepper, garlic, and onion. Stir until browned.
- Add rice, stir to coat rice with oil.
- Add broth and water as directed on can.
- Cover and bring to a boil.
- Reduce heat and simmer 8-10 minutes.
- Add peas and salami.
- Reduce heat to low and simmer 8-10 more minutes.
- Add chicken and simmer 5-10 minutes, or until most liquid is absorbed.
- Remove from heat and let stand 5 minutes, or until all liquid is absorbed.³⁶

³⁶ Adapted from Step-By-Step Spanish Cooking. Murdoch Books: North Sidney, (1993).

Pan Fried Fish With Spicy Vinegar Sauce

Another great example of a tasty Spanish recipe employing fish.

Coating on fish will become soggy if not served immediately after preparation.

Ingredients:

- 6 small white fish fillets
- ½ c. flour
- ½ tsp. ground pepper
- 3 eggs
- 1 clove garlic, crushed
- 1 tsp. ground sweet paprika
- ½ c. olive oil

Sauce:

- 1 c. white wine vinegar
- ¼ c. fresh thyme leaves
- 1 spring onion, chipped
- 1 tsp. sugar
- 1 tsp. ground sweet paprika

Preparation:

Sauce:

- Combine vinegar, thyme, onion, sugar, and paprika in pan.
- Simmer, uncovered for 10 minutes.

Fish:

- Combine flour and pepper in medium bowl. Set aside.
- Beat eggs, garlic, and paprika in medium bowl.
- Coat each fillet with flour and then dip into egg mixture.
- Heat oil in medium sauce pan.
- Add fillets, cook 3-4 minutes each, or until golden and fully cooked.
- Remove and drain on absorbent paper towels.
- Serve immediately with the sauce.

Flaming Eggs

This is an appropriate Spanish dinner meal.

This dish will be prepared in a saucepan and cooked in a shallow
casserole dish

Ingredients:

2 tbs. olive oil
1 small onion, chipped
1 small red capsicum, chipped
1 tsp. finely chipped red chili
1 can crushed tomatoes
2 tbsp. tomato paste
6 eggs
12 thin slices of spicy salami
2 tbsp hipped fresh parsley

Preparation:

- Preheat oven to 325°.
- Heat oil in saucepan.
- Add onion and cook until soft and lightly brown.
- Add capsicum and chilli, cook 2-3 minutes longer.
- Add tomatoes and tomato paste.
- Cook on low, uncovered for 10 minutes, stirring occasionally.
- Transfer mixture to casserole dish.
- Use a spoon to create 6 little cavities in the mixture to hold the eggs.
- Carefully break eggs into these cavities.
- Top mixture with salami.
- Bake 20-30 minutes or until egg whites are set.
- Sprinkle with parsley and serve immediately.

Seafood with Noodles

A perfect example of the Spanish use of seafood.

Vary chili as desired, as this is a spicy dish. Any shape of pasta can be used.

Ingredients:

- 1 lb. King prawns
- 2 boneless fish fillets
- 2 tbsp. olive oil
- 3 cloves garlic
- 1 tsp. ground sweet paprika
- 1 tsp. chipped red chili
- 3 small ripe tomatoes, peeled and chipped
- 2 tbsp. tomato paste
- 1 c. fish stock
- 1 c. red wine
- 1 tsp. brown sugar
- 1 lb. pasta

Preparation:

- Shell and devein prawns.
- Cube fish fillets.
- Heat olive oil in large frying pan.
- Add paprika, garlic, and chili.
- Cook for 2 minutes over medium heat.
- Add prawns and fish, sauté over high heat 3-4 minutes.
- Remove and set aside.
- Bring tomato paste, tomatoes, fish stock, wine, and brown sugar to a boil in the pan.
- Reduce heat and simmer, uncovered, for 10 minutes.
- Add seafood to mixture.
- Cook pasta in boiling water until desired tenderness, then drain.
- Combine pasta and seafood mixture.
- Serve immediately.

Almond Lemon Flan

A great Spanish desert, simple to make and sure to please!

To peel lemon rind, use a potato peeler, being sure not to include any white part of the rind. Part of the water can be replaced with lemon juice for a tangier taste.

Ingredients:

9 tbsp. butter (1 stick + 1 T.)

1 c. sugar

4 eggs, lightly beaten

1/3 c. lemon juice

1/2 c. flour

1/2 c. self-raising flour

2 oz. almonds

Syrup:

1 lemon, peeled

1/2 c. water

1/2 c. sugar

whipped cream

Preparation:

- Preheat oven to 350°.
- Grease an 8" or 9" round cake pan. Line with paper and grease well.
- Beat butter and sugar in a small bowl until creamy. Add eggs gradually.
- Add lemon juice, mix well.
- Fold in flour and almonds. Stir until almost smooth. Do not overmix.
- Spoon into prepared pan. Bake 35-40 minutes.
- Stand 5 minutes before turning.

Syrup:

- Cut lemon rind strips into thin hairs.
- Cook water and sugar in small pan until boils and sugar is dissolved.
- Reduce heat. Add lemon shreds and simmer, uncovered, without stirring, until thick.
- Serve flan in thin slices, with a spoonful of syrup and a dab of whipped cream.³⁷

³⁷ Adapted from Step-By-Step Spanish Cooking. Murdoch Books: North Sidney, (1993).

Sangria

We drank Sangria while lying on the beach in Barcelona! It's a potent drink and a Spanish classic! I developed this recipe through trial and error using common Sangria ingredients.

There are many variations of Sangria, depending on individual tastes. This is just one version that seems to please everyone.

Ingredients:

- 1 bottle red wine.
- ½ c. triplesec
- 2 c. ginger ale
- ¼ c. brandy
- 2 c. orange juice
- 2 apples chopped
- 2 oranges chopped

Preparation:

- Mix all ingredients.
- Refrigerate and serve well chilled.

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